

A person is shown from the waist up, wearing a black sports bra and black shorts. They are holding a blue measuring tape around their waist. The background is a solid light gray.

HOW TO LOSE WEIGHT FAST

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How to Lose Weight Fast: 14 Things You Can Do to Lose Weight Quickly!

Everyone wants to know how to lose weight fast. We know the usual "watch your diet and exercise regularly" routine. But if it is as simple as that, then there wouldn't be so many fat people in this world!

Amidst all the lies and hype surrounding [the weight loss industry](#), it can be hard to separate the hype and lies from the truth. That's why in today's article, I'm going to share with you 14 things you must do to lose weight fast. Following these 14 tips will help you to lose weight safely and stay lean all year-round.

WARNING: SOME OF THE INFORMATION YOU ARE ABOUT TO READ MAY CONTRADICT WHAT YOU KNOW ABOUT WEIGHT LOSS.

[How To Lose Weight Fast Tip](#)

#1: Stop eating only salads

This is a well-known habit, especially among female office workers. You order a big salad with nothing but greens. Your colleagues see what you eat and applaud your efforts to lose weight. But before 2 pm, you get hungry and start looking for cookies and chocolates to snack. How's that for one step forward and two steps back in your fat loss attempt? While there's nothing wrong with having salads for lunch, you should add some good clean protein such as eggs and chicken breasts and also good fats such as avocados or guacamole into your salads as well. Remember this: Every meal should have a protein element. This protein and fat make you feel more satisfied after the meal and will sustain your blood sugar levels for a longer period so you won't be looking for unhealthy snacks around the office right after lunch.

#2: Replace all the unhealthy snacks at home and in your office

Contrary to popular belief, snacking is actually productive for fat loss. Snacking on healthy snacks in between meals will help maintain a steady blood glucose level and also keep your metabolism elevated. Since people snack on convenience and the general availability of food around them, it is important to keep only healthy snacks such as dark chocolate, nuts, trail

mixes, fruits, or even beef jerky within easy reach. Throw all the others away. Or give them to a colleague you hate.

#3: Start a simple exercise routine

Every fat loss program needs to have an exercise component. It doesn't even have an actual exercise like jogging or swimming. If you have never exercised before in your life, you can even start something as simple as brisk walking every day for 20 minutes and work up the intensity from there. The main objective is staying active and turning up your metabolism. As you get fitter (and you will), crank up the intensity and challenge your body to reach new heights of fitness.

#4: Stop the steady-state jogging

If you have been jogging for some time and haven't seen any significant weight loss results, then it's time for you to move on to more challenging exercises. Jogging is a good exercise to build your cardiovascular endurance, but not the best for fat loss. To effectively burn fat, you need a workout that elevates your heart rate to at least 80% of your maximum heart rate and burns the most number of calories in the shortest period of time. Full-body exercises such as burpees, squats, deadlifts, shoulder presses, and rows give you the most bang for your time spent on exercising. Perform each exercise for 30 seconds with a 30-second break in between for 3 sets before moving onto the next. Do this for 10 - 15 minutes a day and you will see results beyond what you have experienced from months of jogging.

#5: Don't avoid carbohydrates completely

When carbs replaced fats as the main contributor to weight gain, many people are avoiding all known types of carbs completely. I personally have a colleague who shuns carbs like the plague. Let me set the record straight. Not all carbs are bad. Our bodies need carbs to function properly. Carbs are our bodies' main source of energy. In fact, our brain functions primarily on carbs. Depriving your body of carbs can have detrimental effects on your body. Every type of food has its time and place to be consumed. As a general rule, you should only consume low glycemic carbs such as brown rice, dark leafy vegetables, multi-grain bread, oatmeal, etc. High glycemic foods such as bananas, juices, white rice, potatoes, and other processed foods are best consumed only right after an intense exercise.

#6: Set realistic and measurable goals

A lot of people give up on a training or fat loss program after a week or so because they did not see the results they were expecting. First of all, you have to remember that you didn't get fat overnight. So you should not expect a miracle weight loss to happen as well. Setting realistic and measurable goals will help keep you motivated and continue towards your ultimate weight

loss goal. So what considered a realistic goal? Losing 0.5-1kg (1-2 lbs) a week is realistic. Losing half an inch on your waist after two weeks is realistic. Of course, you have to be completely honest with yourself when you are accessing these goals. Ask yourself if you are really following the exercise program religiously? How many times did you cheat on your diet?

#7: Focus on building muscle

Some people may disagree with me that exercising and muscle-building is important for fat loss. To me, fat loss is all about changing our body composition - reducing the fat mass and increasing fat-free mass (muscles). Increasing fat-free mass will invariably contribute to the lowering of fat mass. For each pound of muscle, your body has, you burn an extra 35-50 calories a day. Fat on the other hand burns only 2 calories per pound. So the more muscle you have, the higher your metabolic rate will be. And contrary to popular belief, having more muscles is what will give your body those sexy curves that the opposite sex desires.

#8: Invest in a whey protein or meal replacement [supplement](#)

Having 3 meals a day with 3 snack times in between is not always easy to prepare. That's why for convenience purposes, it's recommended that you purchase a good whey protein or meal replacement [supplement](#). Just add water or milk and you have one serving of quality protein.

#9: Make small changes and stick with them for 21 days

Let's be honest with ourselves. Fat loss involves some behavioral and lifestyle changes. Your current lifestyle got you to the state that you are now. Continuing down this path obviously is not the quickest way to [lose weight](#). We all know behavioral change is the hardest thing. This is why we need to make little changes every day that is more acceptable to our bodies. For example, if you currently drink two cans of soda every day, cut down to one can a day. Then next week, cut down to one can every two days. You get the picture. And for any program that you decide to get started, stick with it for 21 days. Statistics have shown that any behavioral change takes 21 to accept and approximately 60 days to form into a habit. So no matter how much you hate a current diet or exercise program, persevere for 21 days. You will be glad you did.

#10: Surround yourself with like-minded people

Some people are very dependent on social support, while others not so much. If you belong to the former group, it is important that you factor this aspect of motivation especially when you are starting out on a fat loss program. During the initial 21 days, it is important to stay motivated and focused on the goals you have set for yourself. You are bound to encounter challenges and struggles as you go through the program. Such as days when your thighs are so sore after doing full body squats or even good news like when you succeed in losing an inch off your

waist. If you have friends who are doing the fat loss program with you, great! Share your results and how you feel about the program with them. Talk to fitness professionals; join online communities or Facebook groups to share experiences and gain knowledge. Also, don't just focus on the fat loss part. Get into the whole health and fitness experience. Buy fitness magazines, visit fitness websites. Look at the physiques you desire to achieve and set them as your desktop wallpaper. Do whatever you need to stay motivated.

#11: Train your legs

I'm not just talking about jogging here; I'm referring to doing heavy squats, lunges, deadlifts, etc. If you have ever done squats before, you will know that it is one of the most demanding exercises in the world. You pant and sweat like a dog as if you have sprinted a mile. But it is also one of the best exercises for building overall strength and of course burning calories. Leg exercises such as squats are usually compound exercises and as such burn more calories. Even if you are not doing weighted squats, just doing bodyweight squats alone can be just as challenging. To be honest, in my first 5 years of training, I never once trained my legs. I always thought the upper body is more important and doing squats could stunt your vertical growth. That is all a fallacy. Ever since I started doing squats, my strength went through the roof and my body fat levels have remained consistently low all year-round. Now I do squats at least once a week otherwise my workout is never complete. If you have never trained your legs before, trust me, start your workouts with squats and you will be amazed by the results you see. And yes, you can thank me later.

#12: Keep a meal diary

Many people don't realize how many calories they consume every day. You think you are eating less by skipping a meal here and there. But you never consider those sodas, grande Frappuccinos, or those cookies distributed by your colleagues that you so casually put in your mouth during the day. If you take down everything (and I mean every single thing including those mentos) that you eat into a meal diary, you will be surprised how many calories you are taking. Yes, I know it's quite a pain to record down everything. But do yourself a favor and just do it for one day. It will be an absolute eye-opener

#13: Learn to love water

Perhaps the most overlooked causes of weight gain, the liquids you consume can deceptively pack on a ton of calories. Just a can of soda contains close to 150 calories. A grande mocha Frappuccino contains a whopping 420 calories. Drink a soda and a Frappuccino every day and you will gain a pound a week.

Because we can so easily and carelessly gulp down beverages without a second thought, liquid calories are more harmful. Fruit juices are no better. They all contain naturally occurring fruit sugar, fructose, which like all other sugars if consumed in excess will result in weight gain. One

of the quickest ways to [lose weight](#) is to always choose water over all other beverages. Water has zero calories and is a natural source of hydration for our bodies. By simply replacing all your other sugary laden beverages with water, you will quickly be able to see weight loss results.

#14: Limit alcohol consumption

I know it is almost impossible to completely abstain from alcohol. But if your goal is to find the fastest way to lose weight, then you have to cut down on your happy hours. Alcohol is a toxic substance with absolutely no nutritional benefit whatsoever. What's more, each gram of alcohol contains 7 calories. A few glasses of cocktails with its sugary mixers can easily pile on at least 1000 or more calories a night. You should also know that alcohol is an appetite stimulant. So don't be surprised if you feel hungry after a night of partying. Of course, this leads to additional calories in your body that you don't need. If you are focusing on building muscle, excessive alcohol lowers your testosterone and increases cortisol levels (stress hormone) thereby reducing your body's ability to build muscle effectively.

With so many disadvantages to your fat loss goals, do you still need another reason not to drink?

If you have tried everything else to lose weight and still haven't seen any results, give these 14 tips a try. If you need to know [how to lose weight fast](#); safely and permanently, the 10 Minute Corporate Fat Loss Plan may just be something you are looking for.